



## **Resources for Black People**

### **Healing Racial Wounding**

[44 Mental Health Resources for Black People Trying to Survive in This Country](#) – Zahra Barnes/Self – “a list of resources that may help if you’re looking for mental health support that validates and celebrates your Blackness...”

[How Restorative Yoga Can Help Heal Racial Wounding](#) – “A focus on breath while silently repeating “I breathe in rest, I breathe out resilience” supports balancing the nervous system...”

[Academics for Black Survival and Wellness](#) – resources for Black people to heal in community including a week long survival week Friday, June 19 – Thursday, June 25, 2020 < weeklong personal and professional development initiative for academics to honor the toll of racial trauma on Black people, resist anti-Blackness and white supremacy, and facilitate accountability and collective action.

[Racial Anxiety Relief – Tapping Meditation](#) – The Tapping Solution – “resource created with our Black, Indigenous, and People of Color community in mind... The pain we are feeling is justified, and our bodies still need a break... we need to take care of ourselves so that we can connect to our own power...”

[Why People of Color Need Spaces Without White People article](#) – Kelsey Blackwell/The Arrow – “need places in which... can gather and be free from the mainstream stereotypes and marginalization that permeate every other societal space...”

[TherapyforBlackGirls Podcast](#) – specifically

- Session 21 – How Racism Impacts Our Mental Health
- Session 27 – Mental Health and Terrorism

- Session 42 – Race-Related Stress
- Session 46 – Mental Health Needs of Activists
- Session 49 – Angry Black Women
- Session 134 – Impact of Racial Trauma
- Session 148 – Talking to Kids About Race

## **Therapy/Funds Dedicated to People of Color**

[Black Virtual Therapist Directory](#) – BEAM – If you are a mental health provider that offers telemental health services, add your listing.

[CT Therapists and Healing Practitioners of Color](#) – Janelle Posey-Green – The trauma of racism and how one local social worker is helping the black community cope.

[Loveland Therapy Fund](#) – provides financial assistance to Black women and girls nationally seeking therapy.

[Representation Matters in Social Work: We Need More Black Therapists](#) – Relando Thompkins-Jones – “Must practitioners always share the same identities of the people they support? No. Are understanding identities and their connection to power, privilege and oppression in relation to others important? Yes.”

[Sharing Hope: Speaking with African Americans about Mental Health](#) – NAMI – “hour-long presentation that can help increase mental health awareness in African American communities...”

[Therapy for Black Men](#) – “African Americans are 20% more likely to have serious psychological distress than whites are... directory to help men of color in their search for a therapist...”

[Trauma Healing Fund for Black Folks](#) – Project Lets provides microgrants of up to \$150... prioritize Disabled, queer, and trans Black folks...”